



# Northern Michigan University Wildcat Wellness Connection

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*The purpose of the "Wildcat Wellness Connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.*

## **Questions and Comments**

**Please feel free to  
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## **Avoid the Cold, Visit the Superior Dome**

The Superior Dome is a place on campus full of activity! From hosting numerous NMU and community events, the dome provides a wide-open space to stay warm and dry during the cold UP months.

For several years, Duke Lifepoint and Blue Cross Blue Shield of Michigan has supported the use of the Superior Dome, providing both campus and community access for physical activity. Through this support, community members and their families have a place to walk, run and play at no charge.

The Superior Dome has an average of 600 visitors a day for various events. Many runners take advantage of this service by hitting the pavement during the early morning hours. Families find enjoyment during after school hours for a fun place to get physical activity together.

At times, the Dome is rented out for sporting events, such as football and lacrosse, but many mornings the dome is open to the public.

If you find yourself looking for a place to get physical activity, but the weather is not permitting, consider heading over to the Superior Dome!



## What's all the HYPE with the new Hypertension Guidelines?

The American College of Cardiology along with the American Heart Association recently released new hypertension guidelines. Questions, speculation and “hype” have surrounded this change.

### What was the change?:

For many years, hypertension was classified as 140/90 or above. With the recent change, hypertension is now classified as 130/80 or above. This represents a 10-point change both systolically and diastolically.

### Why was this change made?:

Healthcare guidelines are under constant review and appraisal, ensuring that care is geared toward the best available evidence. This recent change is focused on the positive implications of early intervention and further accounts for complications that can transpire at lower numbers. This change is based on the review of over 900 published studies and is associated with nine other professional health organizations. The elimination of the “prehypertensive” category allows for early intervention with lifestyle modification, education and conversations

### What does this change mean for you?:

The recent change means that approximately 50% of U.S. adults will now classify as hypertensive. Men and women under the age of 45 will see the biggest impact with the amount of hypertensive men tripling and doubling amongst women. However, this means early diagnosis and intervention can occur and likely will not include medication management as frontline therapy. Lifestyle modification such as eating a heart healthy diet, reduction in salt and alcohol intake, smoking cessation and an increase in physical activity will become even more frequent topics between healthcare providers and patients. An increase in awareness regarding high blood pressure will lead to earlier management and reduction in a major risk factor associated with heart disease and stroke. Be sure to talk with your healthcare provider on how this change directly affects your health.

## Seasonal Affective Disorder and Light Box Therapy

### What is Seasonal Affective Disorder

Seasonal affective disorder is a common type of depression that is often associated with seasonal change. Symptoms can include lack of energy, depression, increased sleep requirements and weight gain. These symptoms commonly begin in the fall months, peak during the winter and resolve in spring. Seasonal affective disorder is most common among females with the age of onset around the mid-30s. This form of depression is thought to be related to the lack of light exposure during the winter months and research indicates that light therapy may be helpful.

### Light Therapy

Studies have indicated that there may be an association between light exposure and the treatment of seasonal affective disorder. With regular use and time, the use of specifically designed light boxes can aid in symptom management. Also, outdoor light, although minimal during UP winters, provides benefits as well. It is important to talk with your health care provider before using light therapy.

### Light Therapy at NMU

After consultation with your health care provider, light therapy can be found across NMU's campus and includes lights located on the 3<sup>rd</sup> floor of the LRC, 2<sup>nd</sup> floor of New Science in the atrium and the waiting room of the Health Center.

## Wildcat Wellness Health Fair

It's time for the Annual Wildcat Wellness Health Fair! Health fairs serve numerous benefits for attendees including endless amounts of health information, various health screenings, delicious and healthy food samples and the opportunity to win prizes. The Wildcat Wellness Fair draws over 500 NMU students, faculty and staff to the event and we encourage you to join us this year. Make an announcement during your lecture or simply stop by during your lunch hour. With so many participants, you will be sure to find a positive take away for your health.



**Tuesday, February 13, 2018**  
**Great Lakes Rooms, University Center**  
**10 a.m.-3 p.m.**



# Upcoming Events

- **BASIC LIFE SUPPORT (BLS) Certification Course:**  
Saturday, January 27, 2018, 9:00 a.m.- 1:00 p.m., PEIF Room 242

To register for BLS course go to:

<https://www.regonline.com/builder/site/Default.aspx?EventID=2152777>

**REGISTRATION FEE:**

-NMU faculty and staff - \$60.00

If you have any questions, please feel free to call [\(906\) 227-2130](tel:9062272130).

- Be sure to check out <http://www.marquette365.com/> for upcoming local events

Stay up to date with future programs by liking our Facebook page: or by going onto our website:

<https://www.facebook.com/NMU-Employee-Wellness-109968062427048/timeline/>

## References

American College of Cardiology. (2017). Retrieved November 27, 2017.

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**CHECK OUT:**  
[www.nmu.edu/wellness](http://www.nmu.edu/wellness)